

March 10, 2016

FLORIDA DEPARTMENT OF HEALTH LAUNCHES INNOVATIVE TOOL TO KEEP ADULTS ON SCHEDULE FOR GOOD HEALTH



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Tallahassee, Fla.—The Florida Department of Health is encouraging adults to obtain health screenings and vaccinations, as appropriate for their age, to help maintain or improve their health. Today, the department released the Florida Health Preventive Screening and Immunization Schedule and Record. This tool provides a patient-centered schedule and record for health screenings and immunizations that are recommended for adults, age 19 years and older.

“As adults we often focus on the health screenings, tests and vaccines for our children and forget that we need them too,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “This new checklist gives adults ownership of recommended health screenings and immunizations.”

The Florida Health Preventive Screening and Immunization Schedule and Record, one for [women](#) and one for [men](#), are printable and can be used by individuals to keep track of services and screenings that are received. Adults are also encouraged to discuss their schedule for health screenings and immunization with their health care professional.

Following the recommended schedule for health screenings can identify heart health risks, prevent cancer, and make earlier diagnoses of cancer to save lives. Immunizations prevent illness, disability and death from vaccine-preventable diseases including cervical cancer, diphtheria, hepatitis B, measles, mumps, pertussis, pneumonia, polio, rotavirus, rubella and tetanus. Immunizations not only protect individuals, they protect the families and communities around them.

For information about immunizations, please visit www.immunizeflorida.org or contact your local health department. Health care providers may also sign up to access the statewide immunization registry at www.flshots.com to keep an online record of their patients' immunization records.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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